Choosing Healthful Foods

**WHAT YOU NEED**

packages and cans of food from the supermarket

**Find Out**

Do this activity to see how reading food labels on packages can help you make wise choices about the foods you eat.

**Process Skills**

- Predicting
- Observing
- Communicating

**Time**

- 25 minutes the first day
- 20 minutes a day for two weeks
4. **Observe** the information on the “Nutrition Facts” label.

5. **Record** the food value per serving in your *Nutrition Journal*.

6. **Record** whether or not your prediction was correct and what you learned from the label.
Nutrition Journal

Date:
Name of Food:
Nutrition Prediction:

% of Daily Value per Serving
  Carbohydrates:
  Proteins:
  Vitamins (list them):
  Calcium:

Was your prediction correct?

What did you learn about the food’s value?
Conclusions

1. How did the labels help you learn how foods can help your body grow strong?

2. Were some of your predictions correct? Why?

New Questions

1. How could you compare the nutrition value of two different cans of corn?

2. What questions do you have about some other parts of the “Nutrition Facts” label?
**Activity Journal**

**Lesson 1 • Nutrients in the Basic Food Groups**

Name ____________________________________________

**Activity**

**Reading Food Labels**

**Write** the name of each food on the chart. **Observe** each of the foods, reading the labels on their packaging. **Record** the total fat grams per serving for each food in the second column in the chart.

Compare fat gram contents per serving for each food. Which foods have the highest fat content per serving? **Record** your observations in the third column in the chart.

<table>
<thead>
<tr>
<th>Name of Food</th>
<th>Fat Grams per Serving</th>
<th>Observation</th>
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Activity Journal
Lesson 1 • Nutrients in the Basic Food Groups

Name ________________________________

Conclusions

1. Which types of foods contained large amounts of fat?

2. What else did you see on the Nutrition Facts labels?

Asking New Questions

1. How else could you find out which foods contain large amounts of fat?

2. Why is it important to learn to read nutrition labels?
Activity Journal
Lesson 2 • The Benefits of Good Nutrition

Name ________________________________

ACTIVITY

Finding Water in Fruits

Hypothesis 1
What makes the fruit slices look and feel wet?

How many paper clips did you use for each slice of fruit? Write the name of the fruit and the number of paper clips in the chart.

<table>
<thead>
<tr>
<th>Name of Fruit</th>
<th>How Many Paper Clips: First Weighing</th>
<th>How Many Paper Clips: Second Weighing</th>
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Hypothesis 2
How will the fruit slice change?

Weigh each slice of fruit a second time. Record the number of paper clips in the chart.
Activity Journal
Lesson 2 • The Benefits of Good Nutrition

Name _____________________________

Conclusions

1. Compare your prediction with your observation.

2. How did the fruit slices change?

3. What was removed from the fruit slices? How do you think it was removed?

4. Were your first and second measurements the same or different?

Asking New Questions

1. Raisins are dried grapes. How could you make raisins?